



*Newsletter of the*

## **BURLEY GRIFFIN CANOE CLUB**

Volume 30, Issue 1, Oct-Nov 2019

### **Your Committee:**

**President:** Jeremy Cook

**Vice President:** Bob Collins

**Secretary:** Patricia Ashton

**Treasurer:** Trent Birkett

**Safety Officer:** Margi Bohm

**Membership Secretary:** Helen Tongway

**Boat Captain:** Robert Bruce

**BP Editor:** Andy Bodsworth

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- Coaching gold from Margi Bohm
- The BGCC 24 hour relay – paddling glory awaits you...
- Allan's Australian Masters Games report.



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## Coming Events:

<b>Dates</b>	<b>Event</b>	<b>Location</b>
Sun, 10 Nov	Sprint series round 4	Manly
Tue, 19 Nov	Open BGCC Board Meeting	BGCC clubhouse
Mon–Fri, 18–22 Nov	Mighty Murray Paddle	Yarrowonga to Swan Hill
Sat–Sun, 7–8 Dec	24 Hour Paddling Challenge, Ultra Race 5	Molonglo Reach
Sun 15 Dec	Clean up Lake Burley Griffin Day	BGCC Molonglo Reach and surrounds
1 Feb 2020	Batemans Bay Paddle Challenge	Batemans Bay
Sat 22 & Sun 23 Feb	MMCC, Frank Harrison Races	Murray River, Albury
Sat 29 Feb	BGCC: PNSW Series Race 1; Portage Round	Molonglo Reach
Sun 1 Mar	Burley Griffin Bash: 30, 15, 5, 3 km events	Molonglo Reach
21 Mar	WCC: PNSW Series Race 2; Singles Champs Junior Race 1	Hawkesbury River, Windsor

## President's Report: Jeremy Cook

Welcome to a new year for the BGCC committee and my first report. It's easy to get excited about paddling with spring coming on – though a little more rain to swell the rivers and lakes we paddle on, and to freshen up the new growth in our gardens, wouldn't go astray.

I started paddling less than 18 months ago after a knee clean-out and getting a beginner/intermediate surf ski that I planned to take on rec paddles and to the coast occasionally. However I joined BGCC, fell in with some supportive paddlers in the marathon crowd, and got a bit more serious than I'd planned. I paddled my ski in Div 10 (10km, not quicker than 1 hour) in the 2018 marathon series.

Over the 2018-19 summer I transitioned to a (stable) K1, which I paddled in the 2019 marathon series. Over the series just finished I managed to get to every race from the Frank Harrison in Albury in February to Teralba in August. I also managed to win Div 6 (20km, not quicker than 2 hours) through persistence, not talent. If I had talent I'd have been paddling Div 1, 2, 3, 4 or 5, but that wasn't my point for getting out there.

We all have different motivations for paddling and the range of disciplines covered by the club is exciting. I am keen to hear from members about their interests, concerns and ideas so we can see what 'the club' (keeping in mind that each of us individually combine to be 'the club') could, should or might be doing.

To this end, I would like to invite members to board meetings every quarter. The first of these open meetings will be 6pm Tuesday 19 November at the boat shed. So participants at the meeting can think about matters in advance, I would like to put them on the agenda if possible. I would be pleased to hear from you via email at [swimming.fast@yahoo.com.au](mailto:swimming.fast@yahoo.com.au) - which is the personal address you can use to contact me at any time: as a suggestion box, if there's damage to a club boat that needs attention, or for any other matter. You can also use the standard club email contacts.

*Jeremy*

### **Ssseasonal Ssnake reminder!**

Gary Rake spotted this medium size brown snake sunning himself across the driveway just outside the shed around 11am a few days ago. Brownny was close enough that he could go into the shed at times too... (Gary thought it may be keeping the mice under control!)

Please keep a good eye out and if you see one give it enough room to move away undisturbed...



## 15 December 2019 – new date for the Clean-up Lake Burley Griffin Day

Please save the date! For the second year in a row, members of the NCA Lake User Group are organising to give Lake Burley Griffin (LBG) a good clean before the summer months.

Last year about 100 volunteers by foot, kayak and dragon boat pulled 74 bags of rubbish from LBG in three hours.

We still need a site and on-water supervisor for the Molonglo Reach location (about 5 hours of commitment total) If you can help out, please contact BGCC member, Tammy Ven Dange at [tvendange@yahoo.com](mailto:tvendange@yahoo.com) for more info.

## Vice Presidential update: Patricia Ashton

### BGCC AGM on Sunday 15th September

Well, we didn't expect a huge turnout (so we shouldn't have been disappointed), but numbers were decidedly lower than we would have liked. I've said before that it's hard to stay enthusiastic about the club and the amount of work required when there is so little interest shown by the membership. Having said that, it was great to see that we have a very new look committee with only 3 continuing members (with Jeremy and Trent only having served one year previously).

Dom Hides, Larissa Cleverly and Robert Bruce had nominated previously for the Ordinary Members and Boat Captain, Trent 'volunteered' to do his second year as Treasurer, so that was half the committee. I had decided I would do another stint as Secretary, unless someone else jumped in (nobody did) so it was only the Safety Officer, VP and President to fill.

There was very little response to requests for these positions, for so long that Russell and I were questioning, what happens if we have NO nominations for Vice President and President? Things were looking a bit grim.....then in jumps Bob Collins, he would go VP, then several people looked over the Jeremy. I quietly said that I'd go President if someone would prefer the secretary position – but Jeremy determinedly 'coughed' out President! We all looked twice and then quickly seconded him – Passed! Thank you so much Bob and Jeremy – I think there's a good team there! Discussion then took place about the Safety Officer position, what does it entail? What are the club/committee expectations? As it's not a position we've had filled for several years and there is no 'job description', Margi, kindly took it on & we'll look at it as we go.

So along with a fresh committee we have several new people in the Flatwater convenor jobs – Tony Mee has taken on the Time Trials while Richard Fox will be our Marathon convenor, Bob will do the Event Planning for the PNSW Marathon race. (All this had previously been taken on by Russell Lutton – the man is a legend!)

Your new committee & convenors are now:

**President:** Jeremy Cook

**Vice President:** Bob Collins

**Treasurer:** Trent Birkitt  
**Secretary:** Patricia Ashton  
**Boat Captain:** Robert Bruce  
**Safety Officer:** Margi Bohm  
**2 x Ordinary Members:** Larissa Cleverly & Dom Hides  
**Marathon Convenor:** Richard Fox  
**Time Trials:** Tony Mee  
**Canoe Polo:** Laura Kleinrahm  
**Blazing Paddles:** Andy Bodsworth  
**Assist Boat Captain:** Scott Hunter  
**Membership Secretary:** Helen Tongway (LAST YEAR!!)

Last Tuesday we held our first meeting which was interesting – no agenda just getting a feel for what people wanted and what we as a committee need to be looking at. Several issues were addressed – a change of meeting day - now meetings will be held the 3<sup>rd</sup> Tuesday of the month. Every 3<sup>rd</sup> meeting will be open to all members.

Various other issues around encouraging membership participation were discussed too, with the committee to continue the conversation outside the meeting. Larissa is keen to bring us into the 21<sup>st</sup> century and onto social media, so if you have any experience with clubs and how to best keep in contact, have a chat to her. We'll see where this new committee takes us – good times ahead!

### **BGCC Brag Cap**

Brag caps have arrived (as modelled by our pro modelling team: from left Caro, RussL, Patricia and Margi “Barbie” Bohm...). They (the caps...) are available for pickup in the shed...

Free for those who travelled to 2 away races or portaged at Windsor, the cost to others – or for a second cap for the pool room - is \$10.



## Beginners & New Members

It's that time of year again. We'll be holding Taste of Paddling sessions, monthly from 20<sup>th</sup> October, we're also running a Come and Try session for the ACT Women's Adventure Meet-up group, which Tammy has organised, as well as holding regular Inductions for new club members. So, if you see someone a bit lost or struggling with a boat, please lend them a hand.

Also, if you have a regular paddling time, outside the Training programs run by Gary, Margi, Patricia or David, it would be great to know. We have many new members who are experienced paddlers but who aren't eligible for a key and are looking to access the shed. They don't have to paddle with you, just be back when you are. If you're happy to give another paddler your phone number .....please let me know.

If a leisurely paddle with our newer members may be of interest to you, we'd love to organise more Peer Paddling times. You wouldn't have to coach or instruct, just lend a hand and give some support and encouragement and be there to open and close the shed. Many new paddlers like to have an 'experienced' person on the water with them, especially once they're ready to leave the confines of the river.

See you on the water, *Patricia*

## BGCC Marathon convenor's report: Richard Fox

### The Myall Classic



Pic: Myall magic with Richard Barnes and BGCC's Bob Collins, with Richard Fox just behind. Paddle NSW/Flickr.

“It’ll be fine” he said.

“The winds are weakening” he said.

“You’ll enjoy yourself” he said.

Bob Collins is no prophet. Just saying.

I shouldn’t sound too ungrateful; I wash rode Bob and Richard Barnes in Bob’s SLR2 for 44kms ... until strong side winds dictated that I employ the Australian Crawl instead of the forward stroke.

The Myall Classic, raced on September 21, was a serious test of skill and fortitude. Bob, President Jeremy Cook, Rebecca Snape, Andrew Birkett and I flew the BGCC flag this year ... and the flag fluttered.

Rebecca hooked into the Paddle Scrabble event and combined paddling prowess with cognitive function to link up with a local paddler and pull a 3<sup>rd</sup> place out of the hat. One can only guess at how she might have gone if Bob’s cognitive functions were switched on and he hadn’t held her paddle hostage in his locked car meaning she had to borrow from the locals.

Let it be known, Andrew Birkett is a seriously good paddler! How he skittled across the water for 47kms with the lead bunch not missing a beat in strong winds was a thing of beauty. Well it was for the 5 seconds I saw him as we crossed going opposite directions towards the top turn. A second place overall for Andrew!



Pic: BGCC's Andrew Birkett enroute to a strong finish. Paddle NSW Flickr.

Jeremy Cook, recovering from illness and a serious case of overwork, sensibly took on the 27km race and pulled through really well placing 20<sup>th</sup> of 44 starters. We even took our own paramedic (Rebecca) but her services were not required I'm happy to report.



Pic: BGCC's new President Jeremy Cook paddling hard. Paddle NSW/Flickr.

Bob teamed up with a guy in a yellow and blue Sydney Uni T-shirt called Richard Barnes. I had plenty of opportunity to critique their paddling prowess. For a first-time combination they did very well. They chatted for a good part of the 47kms, so they were in cruise mode. Having so many other paddlers call out “Go Richard” (such is Richard’s profile in the paddling community) felt kind of good! Bob and Richard placed 16<sup>th</sup> of 49 starters for the longer distance.

I crossed the finish line 3 minutes later in 20<sup>th</sup> place in a drenched and windblown state. The Myall is tidal, windy, long and testing. Completing it is very satisfying and doing so gives confidence that its longer cousin, The Hawkesbury Classic, can also be conquered....



Pic: New marathon convenor Richard Fox putting down the power. Paddle NSW/Flickr.

*Richard*

## Coaches Corner: Technique and More: Margi Bohm

### COACHES CORNER

Gosh another month has blown by! Clocks have been set back, the willows are almost in full leaf and we are starting to see cygnets and ducklings on the river. Summer is on its way! Please be vigilant when paddling around the swan parents. They are in their “protective” phase as their two little offspring learn the ropes and we have seen some aggressive behaviour towards other swans getting too close. Give all swans a wide berth at this time of year because when we get too close, we scare the babies and they can die of a heart attack (information courtesy of ornithologists in the know!), not to mention the risk of a full blown confrontation with daddy swan.

Things have been happening on the coaching front. Firstly ... we had an amazing turnout at the 2019 PNSW Winter Series and BGCC members flew the banner high with our club winning not only the point score but also for the first time in many years relieving Manly Warringah of the ICF class trophy. WELL DONE. I hope that many of you will be coming back in 2020 to participate in the winter series – not only to help BGCC defend its trophies but also because you enjoyed the experience. The divisional racing format set up by PNSW allows all of us to race in an environment that suits our skill and fitness level and is therefore fun. If you haven't tried it yet, speak to Margi, Pat or Gary and get involved.



Pic: Coach Margi about to portage at Windsor. Paddle NSW Flickr.

To help with preparation for the next paddling season, I have been working with some of the flatwater coaches to put together a program that will benefit all of our members as well as provide those of you who want to go faster with some support. We have decided to embark on a linked time-trial/coaching program for the summer designed around 4-6-week blocks dedicated towards preparing for particular club event formats. These programs are open to ALL club members regardless of boat, paddle or ability

and consist of a Wednesday evening time-trial and Sunday morning coaching session. Tony and I are negotiating with the committee for some serious prizes for those of you who participate in both and show significant improvement over the block period.

The first Time-Trial/Coaching block (now to 03 Nov) is aimed at improving paddling technique in preparation for a summer of injury-free and enjoyable paddling for both recreational and racing (Hawkesbury, Murray and the 24-hour relay held at BGCC on 7-8 December 2019). During this block, the time-trials will involve 1 to 3 laps of the usual time-trial course and the Sunday coaching sessions will concentrate on improving your paddling efficiency (so that you find it easier to paddle the longer distances) and reducing your risk to injury, especially as you get a bit tired. The Sunday coaching sessions (9-11 am) will run from now until Sunday 3<sup>rd</sup> November under my watchful eye and then I am away for three weeks which will give you all time to hone your skills. Part of what I would like to achieve in these coaching sessions is a set of strategies that you can use to monitor your own progress so that you can keep improving outside formal coaching sessions:

- On Wednesday evenings we have the BGCC time-trial, which is an opportunity to paddle one, two or three laps that are officially timed and to interact with other paddlers. This block will run to the end of November and is an ideal way to monitor the effectiveness of your preparation for longer endurance events like the Hawkesbury, Murray Marathon and the 24-hour relay (see separate article in this newsletter about the 24-hour relay and why it is an event that you should consider being part of).
- On Saturdays, starting this week (19<sup>th</sup> October) we have two paddling sessions, one starting at 6:30 am with Gary for the early birds and one starting at 8:00 with Margi. The 8:00 am session will entail 15+ km paddles onto the lake if the weather is fine or on the river if it is rough. The idea is to get as many boats on the water as possible so that we can all enjoy the camaraderie of kayak/canoe as well as learn some pack paddling skills, like wash-riding. Margi will be teaching you some of the skills that she and Mick Leverett have been developing as part of the National Team development program.
- On Sundays we have the BGCC Coaching session starting at 9 am and running for about 2 hours. This block from now until 3 November will concentrate on technique (see separate article in this newsletter as to why technique is so important).

News from abroad ... Emily O'Rourke flew out to the World Marathon Championships last week. She is competing in the U18 WK1 and WK2 and we wish her all the best. The masters raced on the 14<sup>th</sup> and 15<sup>th</sup> and Australia has had some really good performances. NSW paddlers Laura Lee and Brett Greenwood have picked up gold medals in their races. CONGRATULATIONS. The World Marathon Championships are in Norway next year and it is a wonderful experience. Many of our older paddlers are of world class and a couple of our younger paddlers are getting there so I am hoping that we can put together a BGCC contingent for the National Team next year. To do well, we need to start training nowish. It is a pretty cool experience to stand on the podium with your peers and hearing your national anthem play. Let me know if you are interested and we can start working on a plan.

Happy Paddling and I hope to see you on the water.

*Margi*

## South Coast Convener's Report: Australian Masters Games - Allan Newhouse.

Two South Coast members of Burley Griffin Canoe Club travelled to Adelaide to compete in the 17<sup>th</sup> Australian Masters Games. Both Ian Castell-Brown and I have reached the age where we often little direct competition in events such as this. However the colour of the medals we collect is not the only measure of whether our campaign is successful. If we enjoyed the paddling, enjoyed connecting again with other veterans we have met at previous games and if we are happy with our performance then we can consider the trip to have been worthwhile.

Ian and I had rather unusual preparation for the event. Shortly before the AMG, Ian had spent 11 days in the ICU in Canberra and warmed up for the kayaking by competing in the indoor rowing events. The day before the 10km marathon, Ian did a 100m indoor rowing sprint during which he nearly fell off the Concept seat. A slippery seat may help some kayak paddlers to get maximum torso rotation, but it isn't a good idea for rowing. That was followed by the 2,000 metres which is extremely gruelling and uses different techniques and different muscle sets and joints from those used in kayaking. For those rowing events Ian came up against a specialist, international competitor so had to give it his all to stay in touch. He really didn't have enough time to recover before the kayak marathon the next day and hence suffered for a while in the marathon until the body adapted.

I left home a week and a half before the event and spent several days touring around the Flinders Ranges. Sue and I camped in some very pleasant bush camps, and found time for a trip on the heritage steam train that operates from Quorn.



The Pichi Richi Heritage steam train on its way back to Quorn. Pic Allan Newhouse



Camping at Warren Gorge in the Flinders Ranges on the way to Adelaide. Pic Allan Newhouse.

The number of paddlers at Adelaide was a bit disappointing. I can think of two likely reasons. The best of Australia's master's paddlers would have been in China competing in the World Masters. Lesser paddlers may have heard stories from the last AMG at West Lakes when the atrocious conditions caused two thirds of the competitors in some events to capsize.

Fortunately conditions were better this year. There was very little wind during the singles marathon early Thursday morning, with a little more in the afternoon and more still on Friday afternoon. The wind direction changed during the day, but when it was at its strongest it was almost directly behind us. The singles marathon started in three waves with the youngest competitors doing 20km off first followed by the 15km paddlers and finally the older 10km paddlers.

For some reason the course was set as a number of long laps turning at about the 1200 metre mark and a final short lap turning at about the 500-metre mark. Ian and I started in the final group and while Ian was still recovering from the previous day's indoor rowing, I had the incentive to push hard as it seemed that I would be able to catch some of the slower paddlers from the earlier 15km start. On each of the long laps, I caught and passed someone from the earlier start. While the wind was not strong enough to create difficulties, it doesn't take much to knock a tenth of a kilometre an hour off the speed, so given the conditions I was happy that my average speed was similar to what I generally did in the NSW Marathon Series this year.



Allan Newhouse in the Diamond C1. lining up to start the 10km marathon. The paddler in the blue Mirage seems to be wondering why the canoe paddle doesn't have a blade at both ends.

I had learned during the 10km event that I had a chance to match the speed of some of the younger SUP paddlers, so while there were no canoe paddlers in my age group, I looked upon those SUP paddlers as the people I had to beat in the sprints. That seemed appropriate since all the single blade paddlers, made up of one OC1, one C1 and four SUPs were lined up in the same event. In the 200 and 500 metre sprints, I was just a second or so behind the fastest SUP paddler, but in the 1000 metre I finished about three seconds in front of him.

Since the wind had picked up for my 1000 metre sprint, which was the last event of the day, my average speed over the 1000 metres was slightly better than my 500-metre speed. While the wind was almost directly behind, it was just off to the side enough to make holding station at the start line challenging. It also meant that I tended to drift across to the side of my lane. I knew from bitter experience that with the wind in that direction it is important to limit how much the canoe turns into the wind. If it turns too far, it becomes very difficult to get it back online. Of course the moment I chose to turn a little more into the wind was the moment the wind strength increased, so even numerous strong sweep strokes didn't get the canoe back on line and I had to resort to more drastic measures, which momentarily cost me a bit of speed.

Having taken his TK2 as well as his K1, Ian was able to paddle in the doubles races as well as the singles. When I have joined him in the TK2, he has had to drop down one age division. However at the AMG he was joined by his long-time partner, Ron Blum, who turns 85 this year, so Ian was the junior partner and Ron had to drop down one age division. As a concession to their combined age of 165 years, the organisers allowed Ian and Ron to negotiate their own distance for the doubles marathon.

It is probably a good thing that Ian and Ron have paddled together a number of times over the years at various Masters Games, because Ron has lost one eye to melanoma and when on the water only wears his old, technologically inferior hearing aid. That makes communication in the TK2 interesting and may depend on smoke signals, shouting, or a sixth sense. Whatever method they use, it seems to work.

Ian Castell-Brown with paddling partner Ron Blum



It seems that maths is not the strong suit of some of the organisers at the AMG because at each medal presentation, Ian had to remind them that since he was born in 1939, he belonged in the 80+ class, not the 70+ where he was entered on the start lists.

Allan Newhouse with one of his four gold medals. Brian Hawira also won gold as a 55+ OC1 paddler

Ian finished with four silver medals from indoor rowing, four gold from singles kayak and four more from doubles. I got gold in each of the four races in which I competed.

## Hawkesburys, Murrays, Myalls and Landcrews: Bob Collins.

As we know there a myriad of types of paddling and paddlers – those who like sprinting, canoe polo, marathon, white water, ocean racing, recreational etc. And then there is a complement of paddlers in each club who are only content if they are subjecting their bodies to the pain an ultra-marathon can inflict.

This group may be considered 'tough' paddlers, but they are the only group who cannot pursue their masochistic tendencies alone. They need help and they need pampering – all of their training is for nought if they are not propped up by another 'tough' group, usually paddlers or long-suffering relatives, called 'land crew'.

Having just finished the 2019 Hawkesbury I again saw the evidence of just how essential good land crew are.

What are the criteria for a person to be considered a good land crew member?



1. Before leaving home your 'land crew person' (LCP) must run through an almost endless list of 'essentials' and make sure that they are packed. Even then your paddler will have forgotten something;
2. Prior to the start of the race, usually a good 3-4hrs before, in the case of the Hawkesbury, the LCP needs to assist the paddler in setting up the boat and digging out all of those essential items that were packed away – somewhere!
3. The boat must then be carried to scrutineering, where the paddler usually finds he/she has forgotten something important, so LCP is dispatched to find it;
4. Once scrutineering is over, the LCP then must assist the paddler to set up the boat for the long race ahead. Drink bladders, GU's and food etc. must be strategically placed in the boat.
5. Instructions are then given to the LCP about what to do at the checkpoints – a list of replacement drink, food, dry clothing that must be on hand ready to go is given to the LCP;
6. Once the paddler arrives at the checkpoint, usually after about 5-7 hours of paddling, the poor dear must be helped out of the boat and provided with the aforesaid list of items. The LCP must then be ready to 'wing it', because the paddler has decided on a different set of items that are not usually to hand. In addition, the by now frantic and sometimes grumpy, always the male, paddler wants every new thing 'yesterday' as time's a wastin' and he/she needs to be back on the water;

7. Once the paddler is despatched, the LCP must then pack up all of the wet, smelly gear that has been dumped and move on to the next checkpoint or finish. In the case of the Hawkesbury it is now about 1:00am!
8. Sleep? The LCP usually has an hour or two to wait so it is off to the car to try to grab a few ZZ's. (Often not successfully).
9. The finish! The paddler is helped out of the boat and receives the congratulations and adulation usually only reserved for a top gladiator. The LCP? They are often acknowledged by the triumphant paddler with 'Can you bring my paddle' or 'Don't forget my GPS'.
10. The LCP's job over? No, it is just beginning. The paddler must be provided with a dry set of clothes and the boat hauled off to an area where an incredible amount of accumulated rubbish must be removed from the boat – some of it chucked and some of it kept. Everything must then be stowed into a car that has been so hastily packed that it looks like a son's bedroom!
11. Finished? Uh uh, someone has to drive back to Canberra, guess who drives most of the way?

Perhaps the above can be an exaggeration in some cases, but it does go to show just how important land crew are when it comes to ultra-marathon events.

What do they say about the 'indispensable person'? *'Take a bucket and fill it with water, put your hand in it up to your wrist, pull it out and the hole that's remaining is a measure of how much you'll be missed.'*

Well; take a land crew person's wrist out of that 'bucket' and there will be a bloody great hole remaining.

*Bob Collins*

Pampered ultra-marathon paddler.



## C'mon Canberra: BGCC hosting the annual 24hr relay...

### The 24-hour Relay

At some point, we will get detailed instructions for the 24-hour relay from those organising it but I thought it may be useful to give you all some background to the event and why it is worth being part of it. (Ed: We'll run a more detailed background and pictorial history of the 24 hour event in a special issue soon!).

The 24-hour relay is the brain child of a wonderful lady called Linda Barthelson. Linda's husband has a pretty good record in TC boat racing and her job was to harass us whilst paddling the weekly BGCC time-trials. My first memories of Linda were her yelling at me to pull my finger out and start paddling which brought back memories of my elite paddling days in South Africa where our coach used to tell us to "kry jou gat in rat" which does not translate politely!

Linda and Tony travelled to many of races now considered to be ultra-marathon and some of which no longer exist. It was on one of these trips that they got talking about clubs like that in Katherine which had no real option to travel regularly to race. They were located just too far from the main racing centres. So Linda dreamed up the idea of a race open to any club in the country but raced on their local course and so began the 24-hour relay. Teams of 4 paddling as far as they could in 24-hours around a 5 km loop. In the beginning we had updates phoned in every so often with recording of progress on the BGCC whiteboard. The women's team won the Ladies Plate (because all country women know to bring a plate when invited out!) which BGCC held for many years. I am not sure what happened to the plate – it was a white, embossed serving platter as I recall. The men's teams were competitive and in time, questions started to arise around the courses and so the event slowly gravitated to being held at BGCC over our time-trial course. The format today is generally the same with some changes to how teams are configured. It has become a tradition with "camping" at the river, bonfire on the beach, and a great deal of rivalry among Lane Cove paddlers and BGCC.

Lane Cove is putting together a couple of competitive teams. We should do the same. We have a group of fast blokes who could put together a couple of teams. Mixed teams are an option etc. The best part about the 24-hour relay is that it provides a good base for the start of the serious training blocks in preparation for 2020 State and National marathon champs with most good teams getting around 50 km per paddler over the 24-hour period.

So put 7-8 December into your diary and let Patricia Ashton or Margi Bohm know of your willingness to be part of a team or the organisational side. If you have a team, also please let them know. Let's start 2020 summer with a fun, inclusive and enjoyable time together as a club. See you there.

*Margi Bohm*

## Nelligen to Shallow Crossing & Recreational Paddle Adventure

(Pics by Denby Moyland).

This was advertised several times to take the place of the final Nelligen 3 series race. There were several club members interested in a longer distance training paddle. Alan Newhouse also volunteered to take other club members on a recreational paddle down Cyne Mallows Creek, a tributary of the Clyde River.



So 5 paddlers in 4 boats took the challenge of the 46km paddle, local Graeme Ison; Jeremy, our newly elected President; Richard Fox, a regular long distance paddler and the club's new marathon convenor, and Denby and Pete possibly doing a Hawkesbury training run, or just out for a picnic?



Joining Alan was myself, some call me a piker! and Bernhard, who was wanting to see new places and get some distance. We all started off together on a turning tide, did mean a slog against the tide however, the trip home should then be a float home.

Alan, Bernhard and I had a lovely paddle, away from any speed boats, wind and tidal influence. We stopped for a bite of morning tea & covered 13km quite leisurely. We returned Alan to Nelligen then the 2 of us continued down to Little Island and back, then thinking we may see our more adventurous paddlers returning, we continued on under the bridge.

We met Richard hammering it home, he'd turned slightly short of the Crossing at the 22km mark and completed the 44km in about 3.45hrs. We decided to keep paddling for a while to see if any of the others were coming, however after another half hour with the breeze coming up and more speed boats and jet skis out, Bernhard and I headed back to the boat ramp. After packing our gear away, we joined Richard at the Café to wait for the others.

Richard had left and the weather had started to deteriorate when Jeremy came into view, phew! Shortly after, Graeme came limping home – his shoulder had started playing up with about 20km to go! Denby and Pete followed another 10 mins later. Unfortunately, the café closed at 4pm so there was no coffee or food to enjoy, however, there was a rumour that several paddlers enjoyed a lengthy lunch stop at Shallow Crossing, which included the picnic rug, basket of goodies and the coffee pot!

All in all we had a lovely day with generally good paddling conditions. One thing we should look at, is using the club PLB which we purchased several years ago for our recreational paddles.

Hopefully, those doing the Hawkesbury will do well – looks like we may require some land crew, if anyone is interested in seeing how it all works, or giving back for assistance they may have received over the years.

We'll also try and organise some more recreational paddles, they are very enjoyable.

*Patricia*



## WHY is PADDLING TECHNIQUE IMPORTANT to ME: Margi Bohm

Canoeing and kayaking cater to a wider range of interests than usually found in other sports. Participants range from the *once-a-year* paddle during the annual vacation to participation at World Championships and the Olympics. This makes it hard on the coaching staff at any canoe club because of the perception that recreational paddlers are different from those who race.

I am a physicist with a speciality in fluid mechanics. To me, this perception is so spurious that it is almost funny. No matter what your intention, if you are in a boat with a paddle, you are all trying to do the same thing and that is propel the boat somewhere in such a way that you enjoy the process.

So what makes paddling enjoyable? For me, it is injury free and being fundamentally lazy, I like to go places with the least amount of energy; a policy I apply to paddling for fun as well as racing at World Championships. I also like to look at my surroundings when I paddle. It is so cool to see platypi and the cygnets, water dragons, water rats and even the odd snake.

So how can we achieve this? One effective and well proven approach is to learn to paddle efficiently. This means maximising the physics of the paddle and boat so that you need the least amount of energy to do what you want to do. We also integrate human biomechanics into the equation so that how we use the paddle is gentle on our bodies and we stay injury free.



Most kayak injuries involve poor technique with the shoulders, forearms and wrists most at risk. Unfortunately, the medical profession tends to diagnose these as repetitive movement syndromes and the advice is to lay off the activity for a while. The problem is that the injury reoccurs when the paddler starts paddling again – sound familiar? Most shoulder injuries occur during the catch phase where the paddler lifts their elbow above their shoulder to cycle the paddle into the water. Wrist injuries occur from how the paddle is set up for the stroke and how much wrist movement is used to do this. Forearm injuries are usually associated with the death grip! All can be avoided by using the correct paddling technique.

Paddle physics is complicated, not because the physics is terribly hard, but because there are so many misconceptions and so much misinformation out there. Everyone is an expert when it comes to this topic. Bottom line is that paddles are not wings – wings are designed to reduce drag. I cannot imagine why anyone would use a paddle with a low drag coefficient! What we want is an appropriate amount of drag on the blade so that we can push the boat past it. This depends on the strength of the paddler.

The maximum drag available to a paddler is a function of paddle size and shape. The actual drag force that develops across the paddle blade depends on how we put the paddle into the water and what we do with it once it is in the water. How fast we can push the boat past the paddle depends on biomechanics.

Coaches who guide their athletes to efficient paddling technique concentrate on getting the paddle very quickly into the water with no splash. This allows the drag forces to develop correctly around the blade. They also try to teach the paddler to keep their exit position until the paddle is fully submerged on the next catch. This sets up the biomechanics for the strongest part of the stroke. The push phase involves engaging the core so that the force from your feet makes it to the hand and paddle and the exit phase involves getting the paddle out of the water with minimal resistance to boat travel. Research has shown that even with highly trained athletes, an increase of at least 1 km/hr after 10-weeks in what we call threshold boat speed occurs when the paddler changes their technique as described here. The problem is that these movements are subtle, and it helps if the paddler is under the guidance of a coach who knows what to look for and how to teach the feeling of a correctly executed stroke. Coaches only see what happens above the water but of course it is what is happening in the water that is of concern.

It doesn't matter whether you are paddling for fun or to win an Olympic medal. The principles are the same and that is why everyone in the club should take the time to learn to paddle with efficient and injury-free technique. Talk to your coaches and come to the Sunday Coaching sessions to learn to do this. It is not rocket science – all it takes is a bit of dedicated attention to detail and there is no better time to do that than now at the beginning of summer. So come along and learn how to paddle better under the guidance of one of Australia's top technique coaches.

### **The world's biggest canoe?**

Geoff Collett, our tireless webmaster and the man who gets Blazing Paddles to your inbox, recently visited NZ and sent this pic of Maori war canoe *Ngatokimatawhaorua* in Paihia on the North island of NZ. It was built in 1937 from 3 giant Kauri trees estimated at over 800 years old and took 2 years to build. It requires 80 paddlers with room for 55 extra passengers. It is 36 metres long and 2 metres wide and weighs 6 tonnes when dry. It is launched each year to commemorate Waitangi Day, being launched 2 days prior enabling the timber to absorb water, swell up and become watertight, it then weighs around 12 tonnes... Geoff reckons it could provide some good wash riding!



## 2019 -2020 BGCC Membership Fees: Helen Tongway

- Renewals (for everyone) Were due on 1<sup>st</sup> July.
- If you haven't already renewed, nor heard from me to say you are still current, then **your fees are over-due**.....

The BGCC membership fees have been held at last year's level, while the PNSW fees were changed a little, The Adult fees have decreased by \$10, while the Junior fees have stayed at \$30. The Junior fees are for children between 10 and U18 years as at 1<sup>st</sup> July 2019. Children under 10 years may join PNSW for free, with the BGCC fee remaining at \$40 for Juniors taking part in regular paddling sessions. **All PNSW & BGCC Memberships are paid via PNSW and Paddle Australia.**

**You will have received an email from PNSW/PA with a link to pay your membership fees – Use it!**

Label	Category	PNSW fees	BGCC fees	Total
Adult	New Member	\$80	\$130	\$210
Adult	Renewing Member	\$80	\$80	\$160
Junior	New Member	\$30	\$90	\$120
Junior	Renewing Member	\$30	\$40	\$70
Family	New Members <i>{Note: 30% rebate on Family</i>	\$150	\$300	\$450
Family	Renewing <i>PA/PNSW part of fees}</i>	\$150	\$200	\$350
Junior	Children under 10 years at 1 <sup>st</sup> July, 2019	Free	\$40	\$40
Volunteer	Non-paddler, volunteers, officials, carers	Free	Free	Free!
	Adult Single-event Membership	\$20		\$20
	Junior Single-Event Membership	\$10		\$10

**Club Shed key-hire:** Annual Fee: \$75. Plus **Refundable Deposit** of \$50, for new key-hirers.

Private **boat in Club Shed:** Upgrade Membership fee: \$180

Both private boat in **Club Shed + Club Shed key-hire**, Upgrade Membership fee: \$255

Both Key-hire and private boat in shed membership require an approved Application Form for new Membership Upgraders.

*Those continuing their upgraded membership do not need to put in a new application each year.*

**Membership upgrades at:** <https://www.registernow.com.au/secure/AccessRegistration.aspx?E=34792>

If your finances are such that you need a little more time to pay – then please contact me, to let us know that you are still in town and want to continue with BGCC, key and boats.

**Applications for permission** to keep your private boat in the club shed and (after 3 months' BGCC membership) hire a shed key, are on-line at <http://www.bgcc.org.au/index.php/administration>

**Membership entry is now via GoMembership (GoM), with credit/debit card payments via Stripe.** You should have received a new email notice from Paddle Australia, letting you know where and how to log-in to the new system. You can now pay for your Membership, Key-hire and/or Boat-rack at the same time – but you can't go back to pay for an upgrade via GoM at a later date.

**If you have any problems with it, email them at [membership@paddle.org.au](mailto:membership@paddle.org.au) or phone on 02 9763 0670**

We have been assured the new system will be nice and easy to use – so here's hoping!!

*See club website Membership for how-to-pay links*

*Helen.*

## Elio K1 For Sale

I'm selling my K1 only to make space for another boat. This great kayak has been in the BGCC family for a while. It's best suited for someone below 80kg who wants to move into the tippier K1 class, but still needs something with a little more balance than other options. I believe it weighs about 8k (though I haven't properly weighted it), and has a foot pump (which I've never needed). I'm asking \$1200 so please let me know if you're interested.

Thanks, Tammy . Contact via email to: [tvendange@yahoo.com](mailto:tvendange@yahoo.com)

